WHAT IS CLAIMED IS:

1. An optical element formed by molding a molding material, wherein the molding material is a pseudo cross-link resin composition comprising at least two polymers;

wherein the resin composition is obtained by mixing a polymer A that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or at a molecular tail end of the polymer molecule, and a polymer B that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or in a molecular skeleton of the polymer molecule;

wherein the polymer A that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or at a molecular tail end is a vinylic polymer and/or copolymer that has a carboxyl group in a molecular side chain and/or at a molecular tail end, and the polymer B that has the atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or in a molecular skeleton is a vinylic polymer and/or copolymer having at least one nitrogen atom in a molecular side chain and/or a molecular skeleton; and

wherein when the polymer A and the polymer B or copolymers thereof are mixed together, the intermolecular hydrogen bond is formed therebetween.

2. An optical element formed by molding a film obtained from a pseudo cross-link resin composition comprising at least two polymers;

wherein the resin composition is obtained by mixing a polymer A that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or at a molecular tail end of the polymer molecule, and a polymer B that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or in a molecular skeleton of the polymer molecule;

wherein the polymer A that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or at a molecular tail end is a vinylic polymer and/or copolymer that has a carboxyl group in a molecular side chain and/or at a molecular tail end, and the polymer B that has the atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or in a molecular skeleton is a vinylic polymer and/or copolymer having at least one nitrogen atom in a molecular side chain and/or a molecular skeleton; and

wherein when the polymer A and the polymer B or copolymers thereof are mixed together, the intermolecular hydrogen bond is formed therebetween.

3. An optical element formed by molding a sheet obtained from a pseudo cross-link resin composition comprising at least two polymers;

wherein the resin composition is obtained by mixing a polymer A that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or at a molecular tail end of the polymer molecule, and a polymer B that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or in a molecular skeleton of the

polymer molecule;

wherein the polymer A that has an atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or at a molecular tail end is a vinylic polymer and/or copolymer that has a carboxyl group in a molecular side chain and/or at a molecular tail end, and the polymer B that has the atomic group capable of forming an intermolecular hydrogen bond in a molecular side chain and/or in a molecular skeleton is a vinylic polymer and/or copolymer having at least one nitrogen atom in a molecular side chain and/or a molecular skeleton; and

wherein when the polymer A and the polymer B or copolymers thereof are mixed together, the intermolecular hydrogen bond is formed therebetween.